

# MAY | 2023

## Salad Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5	<b>2</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	<b>3</b> Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6	<b>4</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7	<b>5</b> Chicken Spinach Salad Pineapple Tidbits Three Beans Salad FF Ranch Dressing 4
<b>8</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7	<b>9</b> Cottage Cheese & Fruit Cherry Tomatoes Fruited Yogurt Crackers 6	<b>10</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	<b>11</b> Calypso Salad Peaches Wheat Roll/Margarine Raspberry Vinaigrette Dressing 5	<b>12</b> Crab Pasta Salad Carrot & Celery Sticks Raisins 7
<b>15</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5	<b>16</b> Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt Raspberry Vinaigrette Dressing 6	<b>17</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5	<b>18</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4	<b>19</b> Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6
<b>20</b> Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7	<b>23</b> Ambrosia Salad Carrot & Celery Sticks Muffin/Margarine 7	<b>24</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5	<b>25</b> BLT Club Salad Applesauce Dinner Roll/Margarine Cucumber Slices FF Ranch Dressing Birthday Cake 6	<b>26</b> Asian Sesame Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7
<b>29</b> <b>AGEWELL CLOSED</b>	<b>30</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Rasp. Vinaigrette Dressing 4	<b>31</b> Taco Salad Tortilla Chips Fresh Fruit Taco Sauce 6	<b>1</b>	<b>2</b> *** 1 carb count = 15g of carbohydrates

**Menu includes  
Low Fat Milk**

**Meals include 1/3  
of the Recommended  
Daily Allowance (RDA)**

**Meals Subject  
to Change**

**5-25 Birthday Celebration  
5-29 AgeWell Closed**



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